



thecollegian FINALS GUIDE



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Exercise, steady breathing help relieve test anxiety



Karen Sarita Ingram

You have studied thoroughly for your exam. You know the material. Then the day comes, and you stare blankly at the test. The answers do not come to mind. Perhaps you even sweat or feel anxious. If this describes you at all, you may have test-taking anxiety.

I, myself, do not get anxious when I take a test, but I know many people who do, including my mother. To an extent, I can relate; although tests do not make me anxious, I do have bouts of anxiety on occasion, and I know how frustratingly helpless it can make you feel. I imagine that is especially frustrating when taking an exam for class, because there is potentially a lot at stake.

Fear not. Whether you get anxious during exam times, in crowds or other situations, there are steps you can take to help keep yourself calm, focused and under control.

There are a number of websites dedicated to helping those with test-taking anxiety, including test-takingtips.com/anxiety and studys.net/tstprp8.htm.

Many of them give similar advice: give yourself plenty of time to study beforehand, get plenty of rest the night before the exam, eat a good breakfast and exercise. The website test-anxiety.com takes a more scientific approach to it, providing a checklist of symptoms and advice about how to deal with them and promote a more positive attitude. It's actually quite good, and I highly recommend you take a look at it.

I can personally attest to the fact that exercise really does help calm and center your mind, and this is not just tricking yourself into thinking you feel better; it's backed by science.

An April 8, 2008, article on Health.com reported numerous studies done on the correlation between exercise and mood. Some of these studies seem to indicate that exercise is just as beneficial



Emily DeShazer | Collegian

Studying for an economics class, Drew Maddox, junior in accounting and finance, tries to focus in the Great Room of Hale Library. One tip commonly given to prevent test-taking anxiety is to allot plenty of time to studying beforehand to avoid last-minute panic and uncertainty.

as medication in helping to relieve depression and anxiety. WebMD reports that the endorphins released by exercise help to boost your self-esteem, which is one of the items addressed by all of the test-taking anxiety websites I cited earlier.

Any way you slice it, exercise will do your mind a world of good and that, in turn, will help you during finals week. If you have time on the day of your final to take a quick trip to the gym, or jog or power walk, do it. If your final is very early in the morning, try to take a break during study time the day before to do some exercise. Just try not to do it too late in the evening, or it might affect your sleep.

Another thing I have found that really helps when I feel a bout of anxiety coming on is "combat breathing." This breathing technique was taught to me by a friend who was in the military and is a combat veteran, and it is used by many soldiers to ward off the jitters when things are tense.

Here's how you do it: Breathe in slowly through your nose while counting to four. Hold your breath while counting to four. Then let your breath out slowly through your mouth while counting to four. Then hold again for another four count. Repeat this cycle at least four times.

It might sound silly, but it really does work wonders. I've found that

the repetitive counting helps to block out all other thoughts from my mind, like a mantra, and the steady breathing helps to lower my heart rate while increasing oxygen flow.

When that test lands on your desk and your brain freezes, set your pencil down, close your eyes and breathe. *One-two-three-four-one-two-three-four...* Don't think about anything. Just focus on breathing and counting. When you finish and you open your eyes, I guarantee you will feel better.

If you have tried all of these things, or you find that nothing seems to help, you may have some sort of medical condition that needs to be addressed. If stress

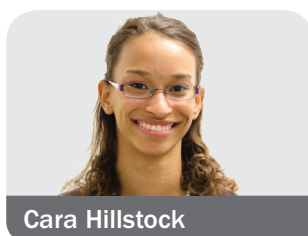
or anxiety is interfering with your ability to function in everyday life, perhaps you should consider contacting Counseling Services here at K-State for further assistance.

They can be contacted for an appointment at 785-532-6927, by email at counsel@ksu.edu or in person in room 232 of the ECS building next to Hale Library. Appointments are free and confidential, and they are here to help all students who are feeling stressed or having other problems.

Whatever happens, best of luck to all of you on your finals.

Karen Ingram is a senior in English. Please send comments to edge@kstatecollegian.com.

Feed your way to an A: 5 things your brain could use for a successful final



Cara Hillstock

Finals are here, and there is a problem: You don't know anything about your class. Heck, you haven't been to it in two months. How will you ever be able to pass your finals? In flies your savior: food. That's right. Just follow this guide and you can eat and drink yourself to an A.

1. Water

This should be the first and the last thing on your list. Drink water, drink some more and just keep drinking. Not only will it help to keep the possibility of a stress-related sickness at bay, it will also get rid of the fatigue, headaches, muscle tension and lack of concentration that comes along with being slightly dehydrated.

Most people are so used to being tired at 5 p.m. and having headaches, they don't realize that they've been dehydrated. When you're scarfing down that coffee to study late into the night, you had better make sure you have some water to keep your brain alert and alive.

2. Breakfast

You've all heard this mantra over and over again: "Eat breakfast. It helps your grades." Most of the time, advice that you hear over and over again is for good reason.

Even if you can't stand to eat breakfast every day, at least eat some breakfast the day of your final. And if your test is later in the day, do your best to get a good night's rest and wake up early to eat. The best times to study are immediately before bed and immediately after waking.

3. Whole grains and berries

For your breakfast, consider some oatmeal with blueberries in them. Or maybe some whole wheat cereal (that isn't loaded with sugar) with fresh-cut strawberries. According to a Jan. 16, 2011, article by Jerry Shaw at livestrong.com, blueberries have antioxidants that help the brain and improve motor skills, while strawberries contain flavonoids which improve memory.

Meanwhile, whole grains contain nutrients that stimulate blood flow to the brain, improve memory, give you energy and help you sleep better at night. By the way, here's a tip for buying whole wheat bread: Check the ingredients list. If the first and only flour ingredient isn't "100% whole-wheat flour," you're getting lied to. "Wheat flour" simply does not cut it.

4. Nuts and dark chocolate

Nuts are a great source of protein and long lasting, healthy energy. Dark chocolate is full of antioxidants as well as caffeine, which has

been proven to help with concentration if taken in moderate amounts. Together, the two combine to make the ultimate snack to keep you going as you study and test your way to success.

5. Sleep

The most important brain food of all. Without proper and adequate amounts of sleep, your brain will not be able to store any of the information that you studied. Get rid of the popular belief that an all-nighter will help you ace your final and face the facts: according to a Nov. 28 article in *The Huffington Post*, a study by the University of California found that "the more time a student skimped on sleep in order to study, the worse he or she did on the assignment or test." These results were true no matter how much time the student had spent studying.

Studies have been proving for a long while that there is a positive correlation between sleep and good grades. Failure to sleep well before the exam will lead to a lack of concentration, a lack of focus, memory loss and often ridiculous mistakes that could easily have been avoided (such as actually paying attention to the "Not" in the question).

Feed your brain. Perhaps you will be rewarded in the form of an A. Good luck.

(Disclaimer: This guide makes no promises. If you didn't go to class and failed to study, that's on you.)

Cara Hillstock is a sophomore in English. Please send comments to edge@kstatecollegian.com.

High caffeine intake can have negative consequences



It takes about 15 minutes for that first swig of a caffeinated beverage to make its way through your body and trigger your superhuman powers. Your partner in crime comes in the form of 13 teaspoons of sugar that are mixed in the Monster Energy Drink you guzzled and, together, the two of you are untouchable. Once these types of drinks

“I don’t really look at what’s in the drinks, it’s just – ‘I need to stay awake.’”

Robbie Tinker
senior in construction science

override the recommended eight hours of shut-eye you need, however, you have put yourself at risk for caffeine intoxication.

“I have a cup of coffee a day, usually in the mornings, but if I don’t get a cup in the morning, I’ll drink some in the middle of the day,” said Caysi Gatts, sophomore in family studies.

Most people consume caffeine at the start of the day because it stimulates the central nervous system, increasing wakefulness, decreasing fatigue and improving concentration and focus, according to the Mayo Clinic. The quick energy high that comes from drinks such as coffee, Red Bull and Monster can soon become addicting and eventually lead to problems.

“I don’t really look at what’s in the drinks, it’s just – ‘I need to stay awake,’” said Robbie Tinker, senior in construction science.

The serving size of each drink — usually only a portion of what the can includes — is listed on the back in the nutrition facts. Most people, including myself, either ignore this number or overlook it, choosing the drink simply because of its label or flavor. Chances are, not a lot of people are only going to



photo illustration by Emily DeShazer | Collegian

Energy drinks contain up to 160 milligrams of caffeine, 60 more than a typical cup of coffee. Consuming more than 500 milligrams can result in caffeine intoxication, which can result in mood changes and anxiety, excessive thirst, muscle tremors and difficulty sleeping.

drink half a can of Red Bull or Rockstar when they need an extra kick of energy because the purpose of buying the drink is to fuel up on as much liquid energy as possible in a short amount of time.

To prevent caffeine intoxication, energy drinks should label their serving size content on the front of the can. This information will be easily seen and might influence consumers to drink a smaller portion of the drink, or at least consume it more slowly.

Being aware of the ingredients in your drink of choice before committing to it is important because while an 8-ounce cup of coffee contains around 100 milligrams of caffeine, a 2-ounce 5-Hour Energy Shot has about 140 milligrams of caffeine, according to [energyfiend.com](#).

Tinker said his go-to drink is a Rockstar or an Amp, which both contain 140 to 160 milligrams of caffeine. He admitted to drinking a few every week while he is at school.

“I can’t get anything done, and there’s just so much to do,” Tinker said. “I’ll get a headache.”

According to an article on [mayoclinic.com](#), a headache is one of the many side effects of caffeine withdrawal and can also be the beginning sign of caffeine intoxication. Intense side effects may occur if you consume more than 500 milligrams to 600 milligrams of the stimulant in a day. Excessive caffeine consumption can lead to mood changes, excessive thirst, muscle tremors and difficulty sleeping.

Some college students

abuse energy drinks because of their busy schedules. Tinker said he sometimes used energy drinks to stay awake for studying.

“I was up for 66 hours once,” Tinker said. “I had three tests in two days.”

According to an Oct. 23 Associated Press article by Maggie Fox and Linda Carroll on [nbcnews.com](#), five deaths in the past year have been linked to over-consumption of Monster Energy drinks. Studies show that after drinking only one energy drink, the average heart rate increases to five to seven beats per minute.

“It freaks me out how restless I feel when I drink those sugary drinks. I keep it safe and usually just stick to my one cup of coffee every day,” Gatts said.

Along with restlessness and an abnormal heart rate, caffeine affects the body’s metabolism, motor skills and brain functions as the energy begins to wear off.

Any form of artificial energy that you consume is only masking the warning signs that your brain is sending your body to let it know that it has exhausted its fuel limit and needs a rest. A process of fuel, crash, repeat is not a healthy lifestyle. Some college students suffer from sleep deprivation because they regularly sip on caffeine to trick themselves into thinking that they have a second wind of energy. In reality, this has the potential to catalyze a vicious downward spiral as the drink becomes a crutch.

“I’ll get a caramel macchiato from Starbucks some-

times, but I mostly just get, like, six hours of sleep,” said Cassie Collins, senior in social sciences. “And I drink water and Gatorade or chew gum to keep myself awake during the day.”

While drinking a lot of caffeine may seem necessary sometimes, there are healthier alternatives to energy drinks. Nuts, apples, pumpkin seeds and bananas all have a reliable source of energy that boosts our metabolism and increases stamina to stay alert throughout the entire day. It is important to know exactly what you are putting into your body and how it affects you.

Emily Stockford is a junior in junior in agricultural communications. Please send comments to [edge@kstatecollegian.com](#).



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SUDOKU

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1-9 in the empty squares so that each row, each column, and each 3x3 box contains the same number only once.

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3					7	6	8	
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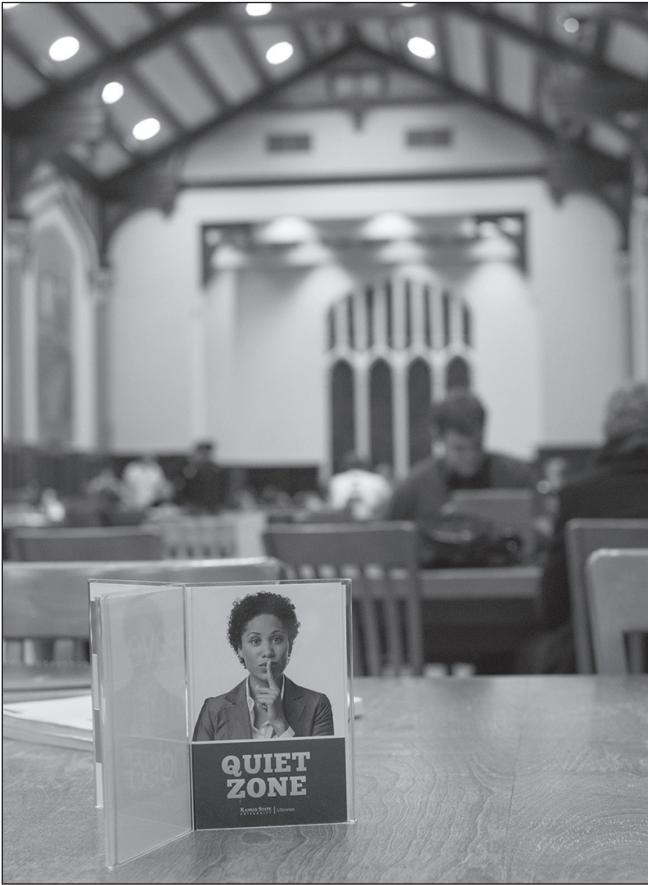
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Quiet places to study available both on, off campus



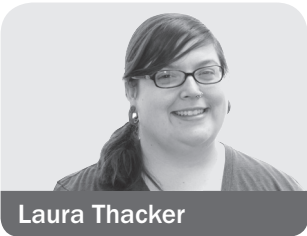
Emily DeShazer | Collegian

The third floor of the K-State Student Union is a quiet place for students like **Nicole White**, senior in elementary education, who said she would go to Hale Library to study but it was too crowded. While graduate students have the option of using certain rooms available only to them, undergraduates looking for quiet study spaces should check the Alumni Center, the Union or the Leadership Studies Building.



Emily DeShazer | Collegian

Hale Library's Great Room, located on the third floor, is a quiet zone where students can find silence. Quiet locations off-campus include cafes, like Hastings, and the Manhattan Public Library.



Laura Thacker

When finals week rolls around, finding a quiet place to study and get work done is always a challenge. Fortunately, there are places both on and off-campus that provide a quiet, calming atmosphere.

While Hale Library fills up quickly, there are quiet zones available on the first and third floors during finals week. Many people use the

Great Room, located in the northwest corner of the third floor, when they need peace and quiet, but a new option is now available for graduate students: graduate student-only rooms.

Graduate student-only rooms are now located on the third floor of Hale in rooms 306 and 309. According to Hale's website, the rooms, considered quiet zones, contain 51 individual desks. Graduate students can gain access, though not immediately, by completing a form available at the library's website. After a minimum 24-hour waiting period, students can then use their K-State ID cards to enter the rooms. Request forms are available online at lib.k-state.edu/form/

graduate-study-rooms-request.

For undergraduates, unfortunately, this is not an option. Once the library starts to fill up, it's time to head to other areas of campus. The good news, though, is that during finals week the K-State Student Union will be open 24 hours. While the Union is busy during the day, once 5 o'clock hits, the food court is often nearly deserted, offering a quiet place to get some work done.

In addition, the second floor of the Alumni Center has conference rooms that students can use to study, as does the second floor of the Leadership Studies Building.

However, sometimes spending one more second on campus is the last thing you

want to do. Fear not, because there are some quiet places around town where you can get some studying done.

An obvious option is the Manhattan Public Library, located on Poyntz Avenue, which is open until 9 p.m. Monday through Thursday, 8 p.m. on Friday and until 6 p.m. on the weekends.

If you're looking for a caffeine fix but you want to avoid the busy atmosphere of Aggieville coffee shops like Radina's Coffeehouse and Roastery and Bluestem Bistro, try checking out other cafes around town.

Radina's has another location on Claflin Road that is much quieter but still offers the calming atmosphere that coffee shop lovers look for.

While the hours aren't as late, they close at 7 p.m. on weekdays and 5 p.m. on weekends, the earlier hours might encourage you to start doing work earlier in the day.

The Hard Back Cafe, located in Hastings on Frontage Road, is another often-ignored study haven, as long as you don't go during peak store hours. It's open until 10 p.m. Sunday through Thursday and 11 p.m. on the weekends, and the evening usually offers a relatively calm environment. If you need a study break, you can always go browse the books and, if you're like me, get excited about the prospect of actually reading the books you want to read over break.

When it's nice out, as it has

been lately, studying outside is always a relaxing option. Whether it's on your porch, on a bench or even in the grass on campus or in the park, it's a good idea to get outside sometimes and remember that there's a whole world out there that will keep turning after finals are over.

As always, while it's important to study hard, don't lose sight of the big picture: Finals week is not the end of the world and it will always come to an end. Until then, try out some of these places for a quiet, calm and productive atmosphere.


Laura Thacker is a graduate student in English. Please send comments to edge@kstatecollegian.com.

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12 simple ways to reduce stress during finals week



Emily DeShazer | Collegian
Tyler Lisbon, freshman in architecture; Heather Wolfe, freshman in psychology; Hannah Byun, freshman in kinesiology; Keeli Gibson, freshman in animal sciences and industry; and Josh Nolan, freshman in fine arts, enjoy a game of Taboo at “De-stresser Night” at Boyd Hall on Wednesday. The event gave students a break from studying and the chance to have fun and relax for a couple of hours.



It is coming very near to the end of the semester, which means it's time for finals. Most students dread this time, as they often have a huge amount of studying and work to get done, and it is very easy to become stressed and overwhelmed.

However, what most people do not realize is that stress creates more problems, including anxiety and headaches, which cause even more stress. It seems that stress is a vicious, self-perpetuating cycle. The question remains — how can you get rid of it?

- People tend to deal with stress in different ways. Some overeat, leading to fatigue, or cry when under a lot of pressure. Others become more hostile and have trouble sleeping. Try different ways to de-stress until you learn what works. Here are a few methods to try out:
- 1. Exercise regularly**
Going on a run or lifting weights can help reduce the overload of hormones that can play a key factor in being stressed.
 - 2. Sleep**
Even though sleep can seem impossible with how much work has to be done, be sure to get a good 6-8 hours. Not getting enough sleep can make you more anxious and emotionally all over the place.
 - 3. Watch a funny video**
Sometimes all it takes is

- watching a clip from “The Wildcat Mask.” Laughing and smiling are always great ways to de-stress, just find something that makes you do so.
- 4. Video games**
Play a competitive game such as “Wii Tennis” or “Call of Duty.” Not only will you get some aggression out, but you also have time to spend with friends.
 - 5. Have the right mindset**
Knowing that you have a lot to do can pile the stress on. That is why it is so important to reward yourself after accomplishing something on that infamous to-do list.
 - 6. Punch a pillow**
It sounds funny, but this is actually a great way to just let go without doing any damage. You will leave behind a lot of hostility and might even have a good time doing it.

- 7. Yoga**
Relaxing and focusing on yourself for a while can be very beneficial. During this exercise you will be taking a lot of deep breaths, which will help calm and relax you.
- 8. Eating dark chocolate**
According to a Nov. 13, 2009, webmd.com article by Jennifer Warner, this delicious treat can help reduce stress hormones, making you feel less anxious.
- 9. Massage**
Not many college students are willing to spend their money on a massage. However, there are certain times when that is exactly what you should do. Massages help relax your entire body and mind, leaving you feeling rejuvenated.
- 10. Take a bath**
A nice soothing bath might

- be just what you need. Lighting a few candles can help with stress as well. This helps you unwind and clear your head.
- 11. Listen to music**
Everyone has their own favorite songs that can magically seem to lift your mood. Try taking some time and just let yourself enjoy the music. Even dancing can help.
 - 12. Drink lots of water**
Water makes you feel more lively and energetic according to a June 9, 2011 article by Sruthi Swami on brainscape.com, as our brain is approximately 85 percent

water and in order for us to function properly we need to keep hydrated.

These are a few quick, easy ways to help cope with stress, especially during finals time. Trying a few can help tremendously to break the cycle of stress and make you feel ready to handle all that is needing to be done.

Remember, you owe it to yourself not to have to deal with the overwhelming feeling of stress.

Mandy Mulich is a junior in public relations. Please send comments to edge@kstatecollegian.com.

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Bad excuses make finals more difficult, problematic for students, professors



Briana Jacobus

"My parents/grandparents/sibling died, my dog ate my study guide, then I got really sick, and I was in a car wreck on the way here then I was kidnapped and used as a hostage in a bank robbery, where I witnessed a murder. Then I woke up and realized I overslept mostly because yesterday was my 21st birthday."

Excuses. We have all used them, some people more than others and with more ridiculous excuses. Students might, in desperate times, wonder what would be the best excuse to get out of a final. Well, I'll tell you exactly what it isn't.

It's every student's favorite time of the year — the end of the semester. But before students can go home, they have to conquer finals week. For some, the stress becomes too much, and making up an excuse not to take a final appears to be a way out. This is the week that professors receive the most excuses. Some people even seem to spend more time coming up with elaborate excuses than they would if they just studied and took the actual final.

"After all of the final projects, papers and quizzes, some students are so burnt out

that studying for finals seems impossible," said Jordan Hildebrand, junior in agricultural communications and journalism.

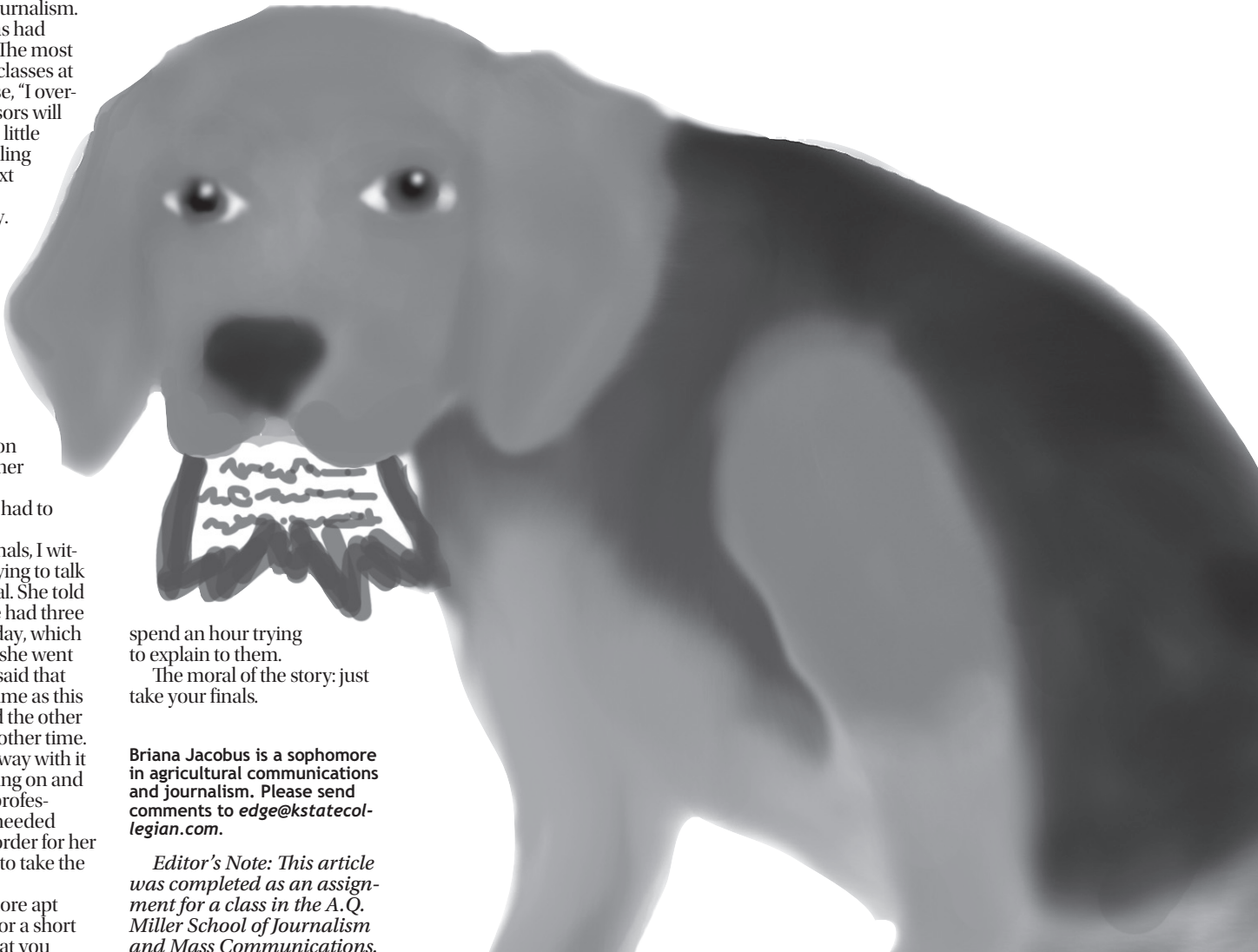
Every student has had that 7:30 a.m. final. The most popular excuse for classes at this time is, of course, "I overslept." Some professors will let it slide if you're a little late. However, emailing your teacher the next day to say that you overslept will not fly.

This is one of the most commonly used excuses, according to Kenna Griffin's "12 Most Ridiculous Excuses for Missing Class," posted on 12most.com on Sept. 23, 2011. Other common excuses that made her list include "my car broke down" and "I had to work."

A week before finals, I witnessed a student trying to talk her way out of a final. She told the teacher that she had three finals on the same day, which was believable, but she went on with the lie and said that one was the same time as this professor's final and the other would not allow another time.

She almost got away with it until she started going on and on. End result, the professor stated that she needed documentation in order for her to get another time to take the final.

Professors are more apt to believe the truth or a short lie instead of one that you



spend an hour trying to explain to them.

The moral of the story: just take your finals.

Briana Jacobus is a sophomore in agricultural communications and journalism. Please send comments to edge@kstatecollegian.com.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

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E-mail classifieds@kstatecollegian.com

classifieds

LET'S RENT

NEW HOME FINDER

For details see map.

- Stadium
- West Campus
- Anderson/Seth Child
- Aggieville/Downtown
- East Campus
- Close to town

120

Rent-Houses & Duplexes

1001 KEARNEY. Nice four-bedroom, two bath. Close to campus. June or August. 785-317-7713 or manhattanrentalproperties.net ♦

HOUSES CLOSE to campus. Three, four, five, and six-bedroom houses. June and August lease. See website manhattanrentalproperties.net or call 785-317-7713.

120

Rent-Houses & Duplexes

LUXURY, TWO-BED-ROOM, two-bath. One block to campus. Washer, dryer, dishwasher, microwave. Private balcony. Private parking. No pets. 785-537-7050 or www.villafayproperties.com

125

Sale-Houses

HOUSES CLOSE to campus. Great winter buys. Shop now. Call Larry at Coldwell Banker 785-317-7713 or email larry@cbmanhattan.com for list.

145

Roommate Wanted

ONE MALE roommate wanted for a clean, spacious four-bedroom, three bathroom house. \$425/ month plus utilities. Near Country Club. 913-284-9239.

BUY-HIRE-SELL-RENT

KANSAS STATE COLLEGIAN
103 Kedzie
785.532.6555

NEW HOME FINDER

Let us help you choose your neighborhood. The symbols on the map coordinate with an area of town.

Map data ©2012 Google

KEY

- Stadium
- West Campus
- Anderson/Seth Child
- Aggieville/Downtown
- East Campus
- Close to town

150

Sublease

SUBLEASER NEEDED. Male or female. January to July. \$350 plus Internet. Five-bedroom, two-bath. Four female roommates. One mile south of campus. Call Sarah at 316-209-0044.

310

Help Wanted

STUDENTPAYOUTS.COM. PAID survey takers needed in Manhattan. 100% free to join. Click on surveys.

330

Business Opportunities

THE COLLEGIAN cannot verify the financial potential of advertisements in the Employment/ Opportunities classifications. Readers are advised to approach any such business opportunity with reasonable caution. The Collegian urges our readers to contact the Better Business Bureau, 501 SE Jefferson, Topeka, KS 66607-1190. 785-232-0454.

300

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310

Help Wanted

HARRY'S DELI. Accepting applications for part-time lunch deli line positions immediately. No experience required. Please apply in person at 418 Poyntz Ave. ♦

000

Bulletin Board

LEARN TO FLY! K-State Flying Club has three airplanes and lowest rates. Call 785-562-6909 or visit www.ksu.edu/ksfc.

010

Announcements

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110

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MANHATTAN CITY Ordinance 4814 assures every person equal opportunity in housing without distinction on account of race, sex, familial status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

110

Rent-Apt. Unfurnished

ONE-BEDROOM IN newer complex. Close to campus and Aggieville. No pets. No smoking. Available now. Holly, 785-313-3136.

110

Rent-Apt. Unfurnished

ONE-BEDROOM at Willie's Villas! Secure your apartment for June/ August 2013. Quality construction close to campus and Aggieville. No Pets. Call 785-313-7473 or ksurentals@sbcglobal.net

110

Rent-Apt. Unfurnished

TWO AND three-bedroom, close to campus. Central air, dishwasher, laundry facilities, no pets. January lease. 785-539-0866.

115

Rooms Available

ONE-BEDROOM AVAILABLE in three-bedroom, two bathroom house. Good kitchen, living room, nice backyard and porch. Close to KSU, includes a washer and dryer. Split utilities with two other roommates (two guys). 620-217-4698.

120

Rent-Houses & Duplexes

FOUR-BEDROOM. TWO bathroom townhouses. New paint and carpet! All appliances included. \$1120/ month. Off-street parking. www.emeraldpropertymanagement.com. 785-587-9000.

120

Rent-Houses & Duplexes

THREE-BEDROOM. ONE bathroom, two-story duplex. Close to Downtown! All appliances included, off street parking. \$950/ month. www.emeraldpropertymanagement.com. 785-587-9000.

120

Rent-Houses & Duplexes

TWO-BEDROOM APARTMENT across street from KSU. \$650/ month. www.emeraldpropertymanagement.com. 785-587-9000.

145

Roommate Wanted

MATURE FEMALE housemate wanted for furnished three-bedroom house. With female and male. Available December. \$300 month. Utilities paid. Call 785-537-4947

145

Roommate Wanted

ONE ROOMMATE needed for prime three-bedroom "suite" apartment. One block from Aggieville, 917 Moro. For sublease contract that runs through July 2013. Full kitchen plus washer/ dryer. Rent \$520, utilities included. Call or text 913-991-0124 or email djhard@ksu.edu for more info. ♦

145

Roommate Wanted

THREE AG students seek a male roommate. Nice residence. \$400/ month. No pets. Call Ron at 913-269-8250.

150

Sublease

SUBLEASER NEEDED in a three-bedroom duplex with two male roommates from mid-Dec. to June 1. Across the street from campus. 1207 Pomeroy St. \$367 plus utilities. Call 620-212-1683. ♦

Need a roommate? Find one here.

Need a sublesser Advertise 785-532-6555

Find a Job

Help Wanted Section

600

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620

Fiesta Bowl

Have things for sale?

Sell them here! Collegian Classifieds

000

Bulletin Board

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510-Automobiles
520-Bicycles
530-Motorcycles

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Travel/Trips

610-Tour Packages
630-Spring Break

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Deadlines

Classified ads must be placed by noon the day before you want your ad to run. Classified display ads must be placed by 4 p.m. two working days prior to the date you want your ad to run.

Place An Ad

Go to Kedzie 103 (across from the K-State Student Union.) Office hours are Monday through Friday 8 a.m.-5 p.m.

Classified Rates

1 DAY - \$14.95 for 20 words or less 20¢ per word for each word over 20	4 DAYS - \$22.50 for 20 words or less 35¢ per word for each word over 20
2 DAYS - \$16.95 for 20 words or less 25¢ per word for each word over 20	5 DAYS - \$25.05 for 20 words or less 40¢ per word for each word over 20 (consecutive day rate)
3 DAYS - \$19.95 for 20 words or less 30¢ per word for each word over 20	

Pregnancy Testing Center

539-3338
www.PTCkansas.com

Conceptis Sudoku

By Dave Green

		9		5		1	7	
				4		8		5
1					6		3	9
					3	2		
2	6						5	7
		4	8					
9	2		1					8
8		3		9				
	1	5		7		9		

Difficulty Level ★

Answer to the last Sudoku.

9	7	3	4	2	5	6	8	1
6	5	4	3	1	8	2	7	9
1	8	2	9	6	7	5	3	4
2	6	7	1	8	9	4	5	3
8	3	5	6	4	2	9	1	7
4	1	9	7	5	3	8	2	6
3	2	1	8	9	4	7	6	5
5	4	6	2	7	1	3	9	8
7	9	8	5	3	6	1	4	2

Difficulty Level ★★

"Real Options, Real Help, Real Hope"

Free pregnancy testing
Totally confidential service
Same day results
Call for appointment
Mon.-Fri. 9 a.m.-5 p.m.
Across from campus in Anderson Village

6 tips for managing time while studying for finals



We’ve all had that feeling. One day it’s September, the next it’s finals week. Where did all that time go? Some people say that being busier makes time fly. I say that we’re living in a post-Thanksgiving break time vortex. There is only one way to combat this loss of time: prioritizing. I consider myself a fairly proficient time manager and I’m here to give you my top six tips.

1.

Breaks
Take breaks during finals week. I find that trying to study for three straight hours doesn’t work too well. A good break helps you to refocus on the task at hand and make the most of your time. Make sure you are watching the time. A break can backfire if it lasts more than an hour or so. Try going to get some coffee or watching one episode of a television show.
2.

Make a schedule
A good schedule is key to prioritizing time. If you are a professional procrastinator, consider writing things out hour by hour. Make sure to include mundane tasks like meals and showering so that you don’t lose bits of time here and there. Most importantly, make sure not to schedule all of the studying in a row. It isn’t good in terms of focus.
3.

Make time for fun
Studying can be a downer, no matter how much you enjoy the class. Make sure to schedule in some fun activities between cram sessions. Hanging out with friends, going out to eat and playing video games are the perfect ways to refresh your brain. If you do your fun activities on purpose and on a schedule, you are less likely to waste time later browsing the Internet.
4.

Be on time
Timeliness is the key to using your hours wisely. Being early to your finals gives you a head start and helps you use the full period to take your test. Being on time also helps you get out of the test early so that you have more time to study for



Cameron Rhodes, sophomore in athletic training, drinks coffee while studying for a macroeconomics exam in Hale Library on Wednesday night. Though laptops can be a handy study tool, columnist Kate Haddock says it’s a good idea to turn off the computer sometimes to prevent those tempting online distractions.

5.

Turn off your computer
Browsing the Internet is one of the easiest ways to waste time. We all know the story; at first you are innocently browsing Facebook and suddenly you realize you’ve been looking at memes for two hours.
Try turning off your computer for a couple of hours. It’s likely that you will be too lazy to turn it back on again just to check your blog. If you need the Internet for research, there are tools you can use to help curb your browsing behavior, such as the app SelfControl for Macs or the extension StayFocused for Google Chrome. These apps restrict which sites you can look at so you can concentrate on what’s most important.
6.

Team up
If you’re still having trouble with time-wasting, try getting a friend to be your probation officer. Have them check up on you and possibly slap your face if you aren’t concentrating.
If none of these ideas work for you, you are either not trying hard enough or you are a black hole that absorbs time.

Kate Haddock is a sophomore in English literature. Please send comments to edge@kstatecollegian.com.



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